

info letter

in
or
out

Dare to explore in nature!

Ommen, the Netherlands

preparatory visit: 20-21 April 2024
youth exchange: 14-25 July 2024



about

Looking for a one of a kind challenge?

Do you enjoy outdoor activities and are you willing to cooperate with others?

Do you still have something to learn about teamwork and cooperation?

It seems that **In or Out** might be the project for you!



about



In or Out is all about learning by doing together with others, caring for a shared space and letting your imagination run wild to create the ultimate outdoor activities.

The concept of this project is to create a playful and secure environment in which you can surprise yourself with your skills while sharing them with others... also, let's not forget: we hope that you leave inspired!

During these dynamic 12 days you will have the chance to discover:

- how you can include yourself in a group;
- what your unique strengths are and how you can use them;
- how you can explore and share your values and your vision;
- how you can learn through informal settings;
- how you can connect with others while overcoming cultural and linguistic barriers;
- how you can guide your own learning process;
- how you can develop activities from scratch;
- how to do all this in a sustainable community created by you and all the others;
- how you can be resilient and use cooperation to achieve your goals.



learning approach



In 12 days you will create, play and experiment within an intercultural group of 54 youngsters from 9 different countries.



How do we do it:

Learning by doing, experimenting and testing, learning while having fun – we believe this the best learning environment!

You can expect 12 packed and dynamic days through which you will have the chance to design your own learning process. This experience also includes an outdoor challenge – a chance to close this adventure while putting into practice all your learnings and while testing your cooperation skills.

You will:

- play and learn outside in different settings;
- create a common living space with the rest of the group;
- discover practical ways how to include yourself and others;
- create and organize games/activities for each other;
- go on a hiking/biking/rafting adventure in the Netherlands;
- share your learnings within an intercultural group;
- have an unforgettable summer experience.

what to expect



During the preparation meeting (PV) we will offer you a demo version of our exchange experience – you will have the chance to spend some time with us upfront and to create games/activities that you would like to have in the exchange program as well.

The exchange (YE) will consist of the following parts:

EXPERIENCING – you will be participating in the games & workshops organized by the facilitators and PV participants;

CREATING – in small international groups you will be organizing games and activities for each other;

EXPLORING – time to put all your improved skills in practice while going on a hiking, biking and rafting adventure in the Netherlands.

activities &
games

cooperation

self
development

hiking, biking,
rafting

teamwork

72 h outdoor
challenge

whom are we looking for?

PV: 1 group leader and 1 participant

YE: 1 group leader and 5 participants

as a group leader you are:

- 18-25 years old
- excited about outdoor games and activities
- preferably having some background in working with youngsters
- enthusiastic, supportive, willing to take initiative and to encourage others
- willing to work more with us and give input while creating the project
- ready to create and deliver workshops for the group
- able to work in simple English

as a participant you are:

- 15-21 years old
- interested in nature and outdoor games
- preferably without any previous experience with Erasmus+ projects
- excited to improve your cooperation skills
- active and creative
- excited to work in an informal learning environment

in the application form, let us know if you can participate both in the prep visit (PV) in April AND the exchange, as according to the rules of the Dutch Erasmus+ program, those who join the PV need to participate in the exchange as well.



timeline

PV – Promotion activities – YE – Follow-up

Pre-learning preparation: June

Before the YE you will have the chance to get in touch with other participants through our Facebook group, to introduce yourself and to already do some online missions created by us.

Preparation visit (PV):

arrival day – 19 April, whole day
program starts – 20 April, at 11.00
program ends – 21 April, at 20.00
departure day – 22 April, whole day

Youth Exchange YE*:

arrival day – 13 July, whole day
program starts – 14 July, at 14.00
program ends – 25 July, at 20.00
departure day – 26 July, before 10.00

*we would like to start and end the program together, therefore we invite you to plan your travel in a way that you are here for the whole duration of the exchange

Follow-up activities:

August – September 2024

Having so many activities in your pockets, you will organize a (game) event back home together with your national group in order to share all you have done and seen.

Also each national group will write an article about the experience as well as share pictures & videos from the exchange to make the results visible for the world!

travel reimbursement

Preparation visit: you will receive the exact amount that you spend on your tickets (within the given budget):

Latvia, Bulgaria, Italy, Portugal, Romania, Spain, Czech Republic | 275 euros

Greece | 360 euros

Youth Exchange: you can either use the **green** travel option or the **non-green** option. Regardless, you will get the full travel reimbursement amount at the end of the event, according to the country you are coming from.

	green* travel	non-green travel
travel reimbursement	Latvia, Portugal, Spain, Romania, Bulgaria, Italy, Czech Republic 320 euros Greece 410 euros	Latvia, Portugal, Spain, Romania, Bulgaria, Italy, Czech Republic 275 euros Greece 360 euros
participation fee	no participation fee	75 euros, which will be taken automatically from the travel reimbursement
ways of travel	environmentally friendlier way of travelling, for example, taking a bus, train or car sharing	faster way of traveling, for example flying

*Green travel counts if at least 51% of the total distance in kilometres from the city of your sending organization is done via green ways of travel.

Participation fee:

In case you choose the non-green travel option, there is a 75 euros participation fee for the Youth Exchange, which you can pay from your reimbursement.

For example - the travel cost is 200 euros, you will get 275 euros. With the 75 euros that are left, you are able to pay the participation fee of 75 euros.

how to apply?

In case you have any further questions regarding the project, feel free to contact either our partner organizations, or us directly through info.oldevechte@gmail.com.

If you are selected, we will send a **Confirmation Letter** to you with more information regarding your participation. **ONLY** then you can start booking your tickets!

[Click here to fill the application form!](#)

partners



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about Olde Vechte foundation



Olde Vechte is a non-profit organization based in Ommen, the Netherlands. It has been functioning as a training center for non-formal education, personal development, coaching, social and cultural work. Its mission is to create a learning environment out of love, care and cooperation for everyone, especially for people whose needs cannot be met by the methods of formal education. Out of this approach, the foundation is focused on the method of learning by experience.



about the venue and accommodation

The project will take place in and around the main accommodation, in the small city of Ommen, surrounded by nature. The house will serve as a home and working space during these days, which means that we will also take care of it and refresh it by ourselves. Catering will be provided by the foundation.

You can learn more about the venue **OLDE VECHTE** [here](#).

about facilitators



Anna Marija Bērziņa

Anna (LV) is a freelance project manager and facilitator who is passionate about designing educational programmes for young people. Her energetic attitude, playful spirit and practical approach to learning makes her projects dynamic, fun and insightful. When she is not coordinating international projects, running an organization and making sure that everything is running, she is either enjoying long walks with her dog or going kayaking.



Krisztina Erdélyi

Krisztina (RO) is a facilitator and youth worker in Olde Vechte Foundation where for the past three years she has been supporting youngsters and young adults in their development. Out of her playfulness, she likes to combine nature and games in order to create learning opportunities. When she is not designing projects, you will most probably find her dancing to uplifting songs or drinking coffee and tea in cozy places.



Carolina Horta

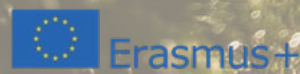
Carolina (PT) is a facilitator starting a journey as a trainer. She has been working in the field of youth work for more than 3 years, managing a youth association. Human interactions, behavior, and nature have become powerful working tools for her – and she enjoys exploring them. She brings kindness and good energy to this project. When she is not designing and managing the project probably she is making sure someone is very busy with some random challenge.

We have a wonderful team full of creative and joyful youngsters. Together we will turn this experience into an unforgettable adventure!

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out



OLDE VECHTE FOUNDATION



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